

What is claimed is:

1. A substantially anhydrous lubricant composition comprising at least one polyol and a gelling agent, wherein said composition  
5 increases in temperature by at least about 5°C upon exposure to moisture and which has a Maximum Energy Release Index of at least about 11 mJ/mg.

2. A composition according to claim 1 wherein said composition further comprises a pH adjustment agent.

10 3. A composition according to claim 1 wherein said polyol is a polyhydric alcohol selected from the group consisting of: glycerin, alkylene glycol, polyethylene glycol, polypropylene glycol, PEGylated compounds, block copolymers comprising polyalkylene glycol and a mixture thereof.

15 4. A composition according to claim 1 wherein said gelling agent is hydroxypropylcellulose.

5. A composition according to claim 3 wherein said alkylene glycol is selected from the group consisting of: propylene glycol, butylene glycol and hexalene glycol.

20 6. A composition according to claim 4 wherein said polyethylene glycol is selected from the group consisting of polyethylene glycol 300, polyethylene glycol 400 and a mixture thereof.

7. A composition according to claim 1 wherein said gelling agent is lactic acid.

8. A composition according to claim 5 wherein said composition comprises from about 75% to about 99% by weight of polyhydric alcohol, from about 0.1% to about 4% by weight of hydroxypropylcellulose and from about 0.1% to about 1% by weight of lactic acid.

9. A composition according to claim 1 wherein said composition has a viscosity from about 1,000 cps to about 7,000 cps.

10. A composition according to claim 1 wherein said composition has a viscosity from about 60,000 cps to about 500,000.

11. A composition according to claim 1 which further comprises an antimicrobial agent.

12. A composition according to claim 11 wherein said antimicrobial agent is an antifungal agent.

13. A composition according to claim 11 wherein said antimicrobial agent is an antibacterial agent.

14. A composition according to claim 11 wherein said antimicrobial agent is an antiviral agent.

15. A composition according to claim 1 wherein said composition further comprises a spermicide.

16. A composition according to claim 1 wherein said composition further comprises a local anesthetic.

17. A method of treating or preventing dysmenorrhea comprising applying a composition according to claim 1 intravaginally.

18. A composition according to claim 1 wherein said composition increases in temperature upon exposure to moisture.

19. A composition according to claim 7 wherein the pH of said composition is adjusted to between about 2 and about 6.

20. A method of increasing intimacy comprising applying a composition comprising at least one polyol, which increases in temperature by at least about 5°C upon exposure to moisture and which has a Maximum Energy Release Index of at least about 11 mJ/mg to a skin or mucosal surface.

21. A method of enhancing relaxation comprising applying a composition comprising at least one polyol, which increases in temperature by at least about 5°C upon exposure to moisture and which has a Maximum Energy Release Index of at least about 11 mJ/mg to a skin or mucosal surface.

22. A method of treating female sexual dysfunction comprising applying a composition comprising at least one polyol, which increases in temperature by at least about 5°C upon exposure to moisture and which has a Maximum Energy Release Index of at least about 11 mJ/mg to a skin or mucosal surface.

23. A method of treating vulvodynia comprising applying a composition comprising at least one polyol and an analgesic agent, which increases in temperature by at least about 5°C upon exposure to moisture and which has a Maximum Energy Release Index of at least about 11 mJ/mg to a skin or mucosal surface.

24. A method of treating frostbite comprising applying a composition comprising at least one polyol, which increases in temperature by at least about 5°C upon exposure to moisture and which has a Maximum Energy Release Index of at least about 11 mJ/mg to skin on a frostbitten extremity.

25. A method of treating dysmenorrhea comprising applying a composition comprising at least one polyol and an anti-inflammatory agent, which increases in temperature by at least about 5°C upon exposure to moisture and which has a Maximum Energy Release Index of at least about 11 mJ/mg to a tampon and inserting said tampon vaginally.